



First U.S. Army

April/May 05

Volume 5, Issue 3

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NTC training readies Guard brigade for Iraq

By SSG Carmen L Burgess

The Army's top official observed Georgia's 48th Brigade Combat Team training for a deployment while in the Mohave desert.

Secretary of the Army Francis Harvey made a stop at the National Training Center April 19 to see the National Guard Soldiers as they prepared for an upcoming deployment in support of Operation Iraqi Freedom.

"The design of NTC is to provide a tough training environment so units get a month's worth of 'Iraq' in 14 days," Brig. Gen. Stewart Rodeheaver, 48th BCT commander, told Harvey.

48th among first to don ACUs

Rodeheaver also shared that the distribution of the new Army combat uniform served as a morale booster for his troops. The 48th BCT is the first complete unit in the Army to receive the ACUs.

"It's a vote of confidence that the Army feels confident in us and the new equipment was provided for us before our active counterparts," he said.

"Is there any difference?" Harvey asked him. "The 48th is a symbol of how we are an Army of One."

NTC climate similar to Iraq

The training at Fort Irwin is realistic in that it provides the same harsh operational climate found in Southwestern Asia, officials said. There are similar doctrinal distances found on the 1,000 square mile installation and the 12 training sites are complete with desert, urban and mountain scenarios.

"Soldiers who train here will be in Iraq within 60 days," said Brig. Gen. Robert Cone, commander, Fort Irwin and NTC. "They are getting experience with professionals who have been in theater and are using the latest tactics and techniques."

Cone told the secretary that if commanders want to get the "real deal" in training their Soldiers, then they bring them to the center where events that occur in Iraq are instantly applied to training scenarios.



Secretary of the Army Francis Harvey tells members of the 48th Brigade Combat Team that he is proud of them and reminds them to be vigilant during their upcoming deployment to Iraq. Harvey observed the unit conduct training at Fort Irwin's National Training Center April 19. Staff Sgt. Carmen

Commander's Corner



Soldiers, Civilians and Family Members

Memorial Day is America's poignant reminder to honor our fallen Soldiers. From the American Revolution to this very day, Soldiers have laid down their lives for liberty. Our sacred duty is to remember these brave souls and I thank each of you who have participated in recent Memorial Day activities. Our First Army team at Camp Shelby, Miss., is in final preparations for deploying the 2-28th Brigade Combat Team (BCT) to Iraq as well as in final preparations for deployment of the 53rd BCT to Afghanistan.

Task Force 344, the first major medical unit to undergo Theater Immersion training is finishing up at Fort McCoy, Wisc.; those medical professionals will deploy shortly to Iraq. Members of our training support brigade, 5th Brigade, 87th Division (TS) is in Iraq overseeing and mentoring the training of Iraqi forces. At Camp Atterbury, Ind., our team is preparing 80th Division Soldiers for their mission of training Iraqi forces.

Our mobilization stations at Forts Bragg, N.C., Dix, N.J., McCoy, Wisc., Camps Atterbury, Ind. and Shelby, Miss., are superbly performing their missions.

None of these major deployments, in fact no deployments could take place without the collaboration and cooperation among all components, our training support brigades and mobilization sites. For each Soldier who deploys, there are literally hundreds, if not thousands of support personnel behind the scenes making it happen.

Task Force 218 is taking care of our wounded and injured Soldiers. They track and support nearly 1400 Soldiers who have been reassigned to their communities for follow-on medical care. We are pledged to take care of these Warriors to the best of our ability.

Those of you who are departing over the summer, I humbly thank you for your incredibly hard work. Be safe as you transition to new places. Please convey my best wishes to your families. Keep them safe over the summer. Thank you for your great work on behalf of First U.S. Army and our Nation. Happy Birthday Army, June 14.

Lt. Gen. Russel L. Honoré
Commander, First U.S. Army

NTC training (cont.)

"In a war where the center of gravity is at the company and platoon level, it is imperative to get this



Secretary of the Army Francis Harvey watches as Soldiers from the 48th Brigade Combat Team interact with locals in one of the National Training Center's mock cities at Fort Irwin, Calif., April 19. SSG Carmen L Burgess

kind of training," he said.

live-fire scenarios cap training

Harvey visited two mock cities, one complete with underground tunnels, and observed as Soldiers of the 48th BCT interacted with the local police force and performed patrols. He also rode along on a convoy live-fire exercise conducted by elements of the 48th's headquarters.

After training for three months at Fort Stewart, Ga., the 48th BCT, whose Soldiers come from Georgia, Alabama, Illinois, Maryland, Missouri and Puerto Rico, arrived in California at the beginning of April for intensive training.

The secretary said that one of his primary responsibilities is to ensure that Soldiers are receiving relevant training. He said that the training at NTC is successful at doing that.

"I'm continually impressed with the quality, capability and caliber of our Reserve forces," Harvey said. "You forget that they are a National Guard unit - there's no difference between them."



CSM's Corner

Those privileged to live in free countries are forever in the debt of those who make our freedom possible.

*Donald H. Rumsfeld
Secretary of Defense*

FY05 ARMY GAME PLAN

Each of the seven Game Plan Leadership Objectives identifies Leadership Priorities.

Objective #1 - Reinforce Our Centerpiece: Soldiers as Warriors

Leader Priorities -

- o Reinforce soldier and leader awareness of Soldiers as Warriors as the centerpiece of our Army.
- o Reinforce efforts to train Soldiers and grow leaders to exemplify the Warrior Ethos.
- o Adapt training programs to reflect the contemporary operating environment, and reemphasize the human intangibles of combat - that no Soldier is unimportant on the battlefield.
- o Prepare Soldiers and leaders to operate as members of teams and units able to act as "thinking organisms" - prepared to respond to "audibles" in dynamic situations through skill, agility, and teamwork.
- o Achieve a proper training-education balance.
- o Emphasize programs designed to prepare Soldiers and leaders to operate and make decisions in ambiguous environments - to make them more comfortable operating in a zone of discomfort.
- o Reinforce efforts to prepare leaders to identify strategic implications of tactical situations.
- o Set the example by establishing a command climate that fosters and upholds Army Values and inculcates the Warrior Ethos.

Look for Objective #2 in the next newsletter.



This unique program lets you select and purchase books for members of the U.S. Armed Forces serving overseas. You simply buy the books of your choice from a list that includes fiction, biography, business, history & political science, religion & self-help, miscellaneous, sports, under \$20, and under \$10. Gift purchases are not tax deductible.

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Act **FIRST** Return to Main

First U.S. Army Soldier Competes in Boston Marathon

Army Public Affairs

For Soldiers, running is an integral part of the Army Physical Fitness Test and a great way to maintain fitness, and thus, readiness.

However, for Lt. Col. Margaret S. "Sue" Bozgoz, Military Support Division, G-3, First U.S. Army, running is an obsession and a way of life.



She started running at the age of 12 in Hawaii, competing in the 400-meters, and has never stopped running. This past April 18, a day known as "Patriots Day" in Boston because it's the anniversary of Paul Revere's famous ride, Bozgoz competed in, and completed, the world's most famous footrace - The Boston Marathon. But, she wasn't just running for fun. Bozgoz was invited to compete in the Women's Elite Masters Division. "I decided to run the Boston Marathon this year just to have fun with some friends," said Bozgoz, "but three weeks before the race, the Elite Division Coordinator informed me I had been selected to run in the Elite Master's Division (for women more than 40).

"I knew three weeks wasn't enough time to seriously train and compete, so I decided I would not worry so much about posting a fast time and would concentrate on finishing and promoting the Army by wearing the my All-Army Marathon Team uniform. Bozgoz admits she doesn't usually run the Boston Marathon because she is affected by heat and Boston's weather is unpredictable, but she just could not pass up the opportunity to run with some of the greatest female distance runners in the world.

"When we were called to the starting line, I had Catherine Ndereba, the Kenyan 2004 Olympic Marathon Bronze medalist, on my right, and fourth-place finisher Elfenesh Alemu of Ethiopia on my right," explained Bozgoz.

Besides running 43 marathons so far in her career, Bozgoz is also a member of the All-Army Track Team, the All-Army Marathon Team and is a coach of the Fort McPherson/Fort Gillem Army Ten Miler Team.

In 1999, she represented the United States at the Third Military Olympics in Zagreb, Croatia, where she placed 10th in the marathon.



U.S. Army
NEWS RELEASE
Army Public Affairs
Washington, D.C. 20310

Act **FIRST** Return to Main

Army Announces Close Combat Badge

In response to requests from field commanders and after careful analysis, the U.S. Army announced a new badge for selected combat arms Soldiers in combat arms brigades who engage in active ground combat.

The Close Combat Badge will provide special recognition to ground combat arms Soldiers who are trained and employed in direct combat missions similar to Infantry and Special Forces who will continue to be recognized for their ground-combat role with the Combat Infantryman Badge.

The Army will award the CCB to Armor, Cavalry, Combat Engineer, and Field Artillery Soldiers in Military Occupational Specialties or corresponding officer branch/specialties recognized as having a high probability to routinely engage in direct combat, and they must be assigned or attached to an Army unit of brigade or below that is purposefully organized to routinely conduct close combat operations and engage in direct combat in accordance with existing rules and policy.

The CCB will be presented only to eligible Soldiers who are personally present and under fire while engaged in active ground combat, to close with and destroy the enemy with direct fires.

The Army will release an administrative message outlining exact rules and regulations. The CCB should be available this Fall through unit supply and also for purchase in military clothing sales stores.



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IMMERSION TRAINING -- Soldiers from Company A, 2nd Battalion, 116th Field Artillery Regiment, run for cover after a simulated explosion near their position during training at Mobilization Center Shelby. More than 1,200 Florida Army National Soldiers are currently at Camp Shelby, Miss., preparing for an upcoming mission to Afghanistan and engaging in "theater immersion training. Photo by Spc. Blair Larson, 107th MPAD.



First U.S. Army commander, Lt. Gen. Russel L. Honoré mentors troops from the 2-28th and 53d Brigade Combat Teams who are undergoing Theater Immersion training at Camp Shelby, Miss. Stressing the troops through tough training, Camp Shelby exercised an increase in the threat condition which required the Soldiers to use additional force protection

Army One Source — seven days a week

Karen Bradshaw, First U.S. Army Public Affairs Office

Soldiers and Families use toll free Army One Source seven days a week

CONUS: 1-800-464-8107 OCONUS: 1-800-464-81077

Sometimes no matter how well you plan, things can go wrong. Add to the mix the deployment of your loved one to a danger zone and all the stresses inherent in family separations and you have a recipe for a major tension headache. Or worse.

For Soldiers and families help may only be a phone call away. Army One Source, a 24-hour, seven days a week toll free information and referral phone service is available to active and mobilized reserve component (RC) Soldiers, deployed civilians and their families worldwide.

From the United States callers can dial (800) 464-8107. From outside the United States dial the appropriate access code to reach a U.S. number and then (800) 464-81077 -- all 11 digits must be dialed. Hearing-impaired callers should use (800) 364-9188, and Spanish speakers can dial (888) 732-9020. "There is no phone tree, no menu. The phones are answered by people," Cary said. "The overseas toll free number has an extra digit that identifies it as toll free. From countries where toll free calls are not available, customers will be able to call collect."

Services at Army One Source can range from something as simple as advice on finding pet care for a deployed Soldier's animal, to getting financial counseling services or even how to find someone to repair a roof. Army One Source is designed to help the Soldier or family member deal with life's issues, 24 hours a day, 7 days a week, 365 days a year. The caller can speak to a master's level consultant or go online to access information or email a consultant

Army One Source supplements existing family programs that are available through Army Community Services. Army Community Services develops, coordinates, and delivers services meant to promote self-reliance, resiliency, and stability during war and peace.

To find out more, take a moment and visit the Army homepage at www.army.mil and click the link to Army One Source, privacy assured.

155th Brigade Combat Team receives latest communications technology

Maj. Erby Montgomery, public affairs officer, 155th Brigade Combat Team

The 155th Brigade Combat Team is one of the first U.S. Army units in theater to receive new secure hand-held radios. The encrypted radios will keep vital information from insurgents who monitor radio traffic in a unit's area of operations.

Maj. Patrick Coleman, the brigade signal officer, said, "The addition of this radio to our inventory is going to increase troop safety by securing their radio traffic. The radio will be used down to squad level and on military convoys to keep the Soldiers in communication with not only each other, but with their higher headquarters, allowing a vital, secure flow of information between the various elements."

First U.S. Army, headquartered at Fort Gillem, Ga., and in charge of mobilization and training for Reserve Component units east of the Mississippi, assisted the 155th in receiving the radios.

Currently First U.S. Army is training the 2-28th Brigade Combat Team at Camp Shelby, Miss., for their upcoming mission in Iraq. Shortly the 2-28th will undergo its Mobilization Readiness Exercise (MRX) at the National Training Center, (NTC), Ft. Irwin, Calif., and is incorporating use of the new radios into the training exercise.

The 155th BCT is assigned to the II Marine Expeditionary Force (Forward) in support of Operation Iraqi Freedom and operates from several forward operating bases located within the Karbala, Najaf, and Babil provinces of Iraq.

The U.S. military needed a performance nutrition bar for the toughest customer in the world - the American Soldier. No bar on the market was up to the challenge. So it created the HOOAH! bar. The HOOAH! bar's mission: to "improve the physical and mental performance of Soldiers during sustained operations and under all climatic conditions." A portion of the proceeds from every HOOAH! bar helps fund government research that improves Soldier safety, diet, and quality of life.



Local Hero Remembered

Visitors Center named to honor sacrifice of SSG Terry Hemingway

Carolee Nisbet/Fort Dix Post

Fort Dix community spread its arms wide April 7 to embrace an American hero and ensure his service is never forgotten by naming the new post Visitors Center in his honor.

Staff Sgt. Terry Hemingway, 39, was a Bradley commander deployed in Iraq with the 3d Infantry Division, when his fighting vehicle was caught in the blast of an apparent suicide attack in Baghdad. The former Willingboro resident died April 10, 2003. "There are not enough words to express how wonderful it is to have this new visitors center named in honor of my husband," said Darlene Hemingway, who works on Fort Dix. She attended the ceremony with her three children, Terry Jr., Venetia and Danisha, his parents of Willingboro, and other relatives. There have been sad times for the family during the past two years, Mrs. Hemingway said, "but my smile is brighter today because I know Terry is smiling with me".

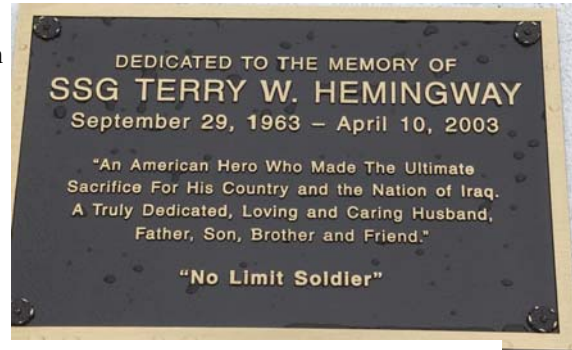


Photo courtesy Fort Dix Post

More than 100 people gathered at the new center on Route 68, which will house a variety of services including passes, ID cards, vehicle stickers and visitor arrangements. The soaring design -- created on post by the Directorate of Public Works -- belies the small size and utilitarian purpose of the structure. As if to emphasize the warrior whose name it now carries, the center focuses the attention of every person walking in the door on a larger-than-life size mosaic of the Ultimate Weapon. Col. Dave McNeil, installation commander, stressed the importance of Soldiers such as Staff Sgt. Hemingway with a quote from President Ronald Reagan: "Freedom is never more than one generation away from extinction."

Lt. Gen. James R. Helmly, chief, US Army Reserve, emphasized the importance of Staff Sgt. Hemingway's sacrifice and service as a Soldier. "I am Ron Helmly, and I am an American Soldier," he said. "I am more proud of that tile than any other I could wear". Staff Sgt. Hemingway also held that pride, he noted, and that pride and dedication is worth remembering. "Every Soldier, every civilian, every member of the community coming through the gate will know first hand that this is the home of Soldiers like Staff Sgt. Terry Hemingway. Let those who see it, never forget". Helmly and McNeil escorted Mrs. Hemingway to the monument in front of the building for the unveiling of the plaque and the portrait that will hang in the center. She was then joined by 3d Infantry Division Soldiers Lt. Col. Jim Desjardin and Staff Sgt. Michael Collins for the ribbon cutting ceremony.

Gusting wind brought the 50 state flags flanking the center to attention as Mrs. Hemingway and her husband's compatriots snipped the red ribbon at the doors, whirling the ends free as if in celebration. And the Staff Sgt. Terry W. Hemingway Visitors Center was open for business. Hemingway was born in Conway, S.C., and lived in Trenton before enlisting in the Army for communications in 1981. He married his childhood sweetheart, Darlene, in August of 1989. He spent the first three years of his military career at Fort Jackson, S.C., and Frankfurt, Germany, before leaving the Army for the private sector. He returned to the Army as an infantryman in April 1987, being stationed in Berlin; Fort Irwin, Ca.; Fort Clayton, Panama; Fort Benning, Ga., and Korea. Hemingway deployed to Iraq on January 7, 2003. On April 6, A Company attacked north into Baghdad to seize Objective Monty encountering stiff resistance from the Iraqi Republican Guard. During the engagement that lasted 48 hours, with complete disregard for personal safety, Hemingway was repeatedly exposed to hostile fire while directing fires from the Bradley. His heroic efforts resulted in the destruction of three enemy Armored Personnel Carriers and several enemy teams heading toward Objective Monty. Once at Monty, Hemingway helped repel numerous counter attacks by the enemy force trying to regain control of the western side of the bridge at the objective.

See Hero, p. 7

Marksmanship competition provides training

First Army Soldiers excel in 2005 US Army Small Arms Championships

Photos and Article by Maj. David Harrington

The 2005 U.S. Army Small Arms Championships, also known as the All Army matches, were hosted by the United States Army Marksmanship Unit at Fort Benning, Ga., March 12-23, 2005. The All Army matches consisted of combat rifle and pistol events as well as long range service rifle and sniper competitions. All firing was done with helmet and individual combat gear.

Combat rifle events were fired using the unmodified M16 or M4 rifle. Soldiers' skills were tested in the standing, sitting, kneeling, and prone positions at distances from 75 to 500 yards. At the 500 yard line, competitors had to hit an 18" wide target in order to score points while changing wind conditions were moving the bullet from side to side an average of 15".

Combat pistol events were fired using the M9 pistol from distances of 15 to 25 yards. Soldiers were required to fire in the prone, kneeling, barricade, and standing positions with strong hand and weak hand. The Patton team match included a timed two-mile run with weapons and full combat gear.

The long range competition tested the Soldier's skill using the M21, M24, or M14 rifles from distances of 600, 800, and 1000 yards. This event was not only a tough and challenging test of the marksmanship skills of 188 Active Army, Army Reserve, and National Guard Soldiers of all ranks as well as US Military Academy and ROTC cadets. It was also a tremendous marksmanship training opportunity. "Competition generates a very high return on training time and investment; it produces stress and forces Soldiers to perform under pressure. Also, it teaches Soldiers about themselves and whets their appetite for self-improvement, in this case to stay in fighting shape and to take the initiative in perfecting their marksmanship skills. Earning the distinguished pistol or rifle badges is a major accomplishment, one that requires tremendous initiative and commitment - commitment that goes well beyond the simple annual qualification the army requires," said Maj. David Harrington of the First Army Small Arms Readiness Group (SARG). Soldiers participating in the All-Army competition attended Train-the-Trainer classes and were provided one-on-one coaching on firing techniques and position training from the World Class marksmen of the United States Army Marksmanship Unit.

See Marksmanship Competition , p. 9

Act **FIRST** Return to Main



Maj. Bright is preparing to shoot the M16 at a silhouette target at a range of 500 meters.

Hero (cont)

Hemingway was a graduate of the Army's Primary Leadership Development Course (PLDC), Basic Non-commissioned Officers Course (BNCOC), and the Bradley Master Gunner Course. He earned the Expert Infantryman's Badge and Parachutist Badge. His awards include the Army Commendation Medal and three oak leaf clusters, and the Army Achievement Medal with three oak leaf clusters. He was awarded post the Bronze Star with Valor, Purple Heart, and the Combat Infantryman's Badge. In addition to his wife, Darlene, Hemingway is survived by his three children; his mother, Eva Shannon; step-father, Evine Shannon; sister, Jackie Hicks; and his brother, Sgt. 1st Class Gary Hemingway.



Staff Sgt. Terry W. Hemingway Visitors Center .

Photo courtesy Fort Dix Post

Citizen soldiers bring unique skills to Iraq

Reservists of 42nd ID using civil experience in current deployment

By Charlie Coon *Stars and Stripes*

Most do not wear camouflage for a living. But they're not inexperienced.

"That's what makes the Guard unique," said Sgt. 1st Class Robert Hawkins. "You've got a pool to draw from. We've got mechanics, engineers, plumbers, cops, construction workers."

Most of the 42nd Infantry Division's Task Force Liberty are not full-time soldiers, but rather members of the Army National Guard or Army Reserve. In February, the 42nd ID took responsibility for control of north-central Iraq from the the 1st Infantry Division, which had served there for a year. Its commander, Maj. Gen. Joseph J. Taluto, has overall command of activities and of active-duty units deployed to the area.

The guardsmen and reservists say they've got what it takes to make progress in a country where 8 million people voted on Jan. 30 but attacks by insurgents continue to test the resolve of the new Iraq.

"There is irreversible momentum; this isn't going backward," Taluto said in a February interview with *Stars and Stripes*.

"There is a small percentage of people who make life miserable for a lot of people. The only way to stop them is to kill them. There's no other way about it. They are hard-line extremists and are not going to give up their cause."

The citizen soldiers might be the perfect fit for the current stage of the U.S. occupation. Two years after toppling Saddam Hussein's regime, the goals for Task Force Liberty are decidedly grass-roots: tamping down a stubborn insurgency while training Iraqi soldiers and police to do the job themselves; molding dysfunctional local governments into responsive and productive entities; and enabling elections scheduled for October (to ratify the new Iraqi constitution) and December (to choose a national congress).

The guardsmen and reservists, who make up 13,000 of the 23,000 soldiers in Task Force Liberty, bring diplomatic and other real-life skills to the game.

"Back in the '90s, it would have been an issue," said Maj. Teresa Wolfgang, a reservist and company commander with the 411th Civil Affairs Battalion, assigned to 3rd Brigade Combat Team. "The first Gulf war changed that. A lot of the reservists and guards here have prior active duty. We now have a smaller active-duty force, especially in my field - civil affairs. We have people who have been deployed two or three times.

"If you lined them up, could you really tell?" she asked, referring to active and Reserve soldiers. "We all have our combat patches. We all have to go to the same schools."

"We might be better at solving problems at the civilian level," added Capt. Andy McConnell of the 426th Civil Affairs Battalion, a police officer and reservist from Orange County, Calif.

Some, such as Taluto, the division commander, are full-time employees of the National Guard.

"I didn't have to come here; I volunteered," said Sgt. 1st Class Scott Wombacher, a 28-year employee of the New Jersey Guard. "All my unit is activated. I didn't want my guys to go without me."

Wombacher, who is assigned to the 50th Main Support Battalion at Forward Operating Base Speicher in Tikrit, said his guardsmen spent long hours at the tank range back in the States.

In Iraq, they fix weapons, tanks, laser range-finders and howitzers.

"Most of the guys in my section have trained with me for 10 years at a minimum," Wombacher said. "We've got a lot of technicians activated for this deployment.

"As far as the knowledge, you don't have to look for it. It's there."



Marksmanship Competition (cont)

Act *FIRST* Return to Main

Each Soldier firing the All Army matches earned a Certificate of Training for 64 hours of M16 Advanced Known Distance, Combat Marksmanship Training, and M9 Combat Pistol Training. The USAMU also provided a complete set of training classes on disk as well as rifle and pistol marksmanship training guides. Soldiers leave Fort Benning ready to instruct marksmanship back at their home units. The benefits yielded at this competition cascade throughout the entire force. The experience and confidence gained in competition and the opportunity to share ideas with the best marksmen in the Army is invaluable.

Rising to the top of the competition under the leadership of team captain, Staff Sgt. Leslie Lewis, was the team from the USAR Small Arms Readiness Group currently mobilized with Detachments 3 and 4, 1st Army. Despite pouring rain, swirling wind, and wind chill temperatures in the 30's, Lewis, Staff Sgt. Russell Gerhardt, Sgt. John Arcularius, and Sgt. John Buol won the United States Army Rifle Team Championship over 30 other teams. Arcularius used his experience and expertise to do an impressive job reading the wind and coaching the other firing members of the team through adverse weather conditions at the 500 yard line leading to the victory. In the pistol competition, the SARG team placed 3rd in the General Patton match, and 2nd in the Sergeant Major of the Army Pistol match. They finished 2nd overall in the United States Army Combined Arms Overall Team match.



1000 Yards is slow fire shooting, where reading the wind is key to success.

The SARG Soldiers also excelled in the individual matches.

Lewis, placed 2nd in the Chief of Staff of the Army Rifle match and 5th in the US Army Service Rifle Individual Championships and the Combat Rifle match. In the service rifle long range events, Lewis placed 4th at 600 yards, 2nd at 800 yards, 7th at 1000 yards, and 3rd in the overall long range service rifle aggregate out of 36 competitors.

Sergeant Arcularius placed 9th in the CG U.S. Infantry Trophy Rifle match, 11th in the EIC Pistol match earning points towards the Distinguished Service Pistol Badge, and 10th overall in the U.S. Army Small Arms Overall Individual Championships. In the service rifle long range events, Arcularius placed 2nd at 600 yards, 5th at 800 yards, 3rd at 1000 yards, and 4th overall in the overall long range service rifle aggregate.

Staff Sergeant Gerhardt won the Novice class in the CG US Infantry Trophy Rifle match, placed 2nd novice in the Chief of Staff of the Army (rifle + pistol) match, 5th novice in the Chief of Staff of the Army Rifle match and Pistol match, 4th novice in the U.S. Army Service Rifle Individual Championships, and 2nd overall novice in the U.S. Army Small Arms Overall Individual Championships.

Sergeant Buol earned the bronze EIC badge, placed 3rd novice in the Secretary of the Army Pistol match, placed 2nd novice in the Chief of Staff of the Army Pistol match, and won the novice class in the Secretary of the Army (rifle + pistol) match, Chief of Staff of the Army Pistol match, Chief of Staff of the Army (rifle + pistol) match, and won the overall novice class in the U.S. Army Small Arms Overall Individual Championships.

Major Bright placed 3rd in the Secretary of the Army Rifle match and 3rd in the overall U.S. Army Service Rifle Individual Championships. She placed 5th overall in the U.S. Army Small Arms Overall Individual Championships and was the top Army Reserve and top female competitor in the overall individual aggregate.

Staff Sergeant Sanderson earned points in the rifle EIC match. He placed 5th in the Secretary of the Army Pistol match and Chief of Staff of the Army Overall Pistol match, placed 4th in the Pistol EIC match, and won the Chief of Staff of the Army Pistol match. He also assisted in coaching the pistol team.

The All Army Matches are a training event that culminates in competition.



Army Fitness Deployed offers pocket-sized gym

By Tim Hipps

Army Community and Family Support Center

Soldiers can flex their muscles any time at just about any place with a strand of elastic resistance tubing in a pocket-sized package dubbed Army Fitness Deployed.

The kit, which includes the Thera-Band® system of progressive resistance, recently was developed by Morale, Welfare and Recreation sports and fitness officials at the U.S. Army Community and Family Support Center. It comes with a notepad filled with strength-training tips concerning progression, muscle balance and rest and recovery.

The fitness guide was developed for Soldiers to maintain their muscular fitness while in the field.

"The adage 'use it or lose it' applies to muscular strength and endurance," said Janet MacKinnon, CFSC fitness program manager. "Muscular strength relates to the maximum force a muscle can generate in a single contraction, while muscular endurance relates to the ability of a muscle to generate force repeatedly or continuously overcome. This kit benefits users at every level of conditioning."

"I came across one of these exercise bands and tried it out," said Sgt. Maj. Michael Fox, chief instructor for the psychological operations course at Fort Dix, N.J. "I had my staff try it out and we were all surprised at the workout it provided."

After having everyone in his detachment of Army Civil Affairs and Psychological Operations Soldiers exercise with Army Fitness Deployed, Fox said he realized that he needed more of the kits.

"I began my quest to locate 400 of these to use in our next classes, as well as provide them to the Soldiers we train," he said. "The fact that it was designed to fit in the cargo pocket of the [battle dress] uniform was a great idea. It allows Soldiers the means to stay in shape no matter where they are stationed."

"We've gotten lots of calls from Soldiers who are deployed," MacKinnon said. "The warmest stories are the

ones I get straight from Soldiers in Afghanistan and Iraq. They call directly and tell me how much they enjoy the bands and that they would like more of them."

Being as ingenious as Soldiers often will be, they discovered many other uses for the resistance bands,



Master Sgt. David Strong and Sgt. 1st Class Jason Sherer do the reverse fly exercise with the Thera-Band® system of resistance . Sgt.

such as corrective eye and sunglass straps, clotheslines, tourniquets and gasoline siphoning.

"During the cold weather here, we had a HUMVEE windshield-washer hose freeze and burst, making the wipers ineffective," Fox said. "I took a piece of one of the exercise bands and cut it to replace the bad hose on the vehicle and it worked."

Fox said the tubing also has been used by combat lifesavers as a restrictor band that helps identify the vein for insertion of a needle for IVs.

"If you're going to give a Soldier a tool to use in combat, give them a tool that has many uses," he said.

Ingenuity aside, the purpose of the kit is to keep folks fit despite their surroundings. The Army Fitness Deployed notepad features illustrations and written instructions concerning everything from warm-up to stretching to a 33-exercise regimen, complete with a weekly training plan.

"If you follow the booklet and align yourself correctly, you can work the 12 major muscle groups of the body," MacKinnon said. "That's why we made sure that each Soldier got a booklet and a band together."

New handbook updates veterans benefits

A new edition of the popular handbook "Federal Benefits for Veterans and Dependents" by the **Department of Veterans Affairs (VA)** updates the rates for certain federal payments and outlines a variety of programs and benefits for American veterans.

Most of the nation's 25 million veterans qualify for some VA benefits, which range from health care to burial in a national cemetery. In addition to describing benefits provided by VA, the 2005 edition of the 120-page booklet provides an overview of programs and services for veterans provided by other federal agencies.

"Federal Benefits for Veterans and Dependents" includes resources to help veterans access their benefits, with a listing of toll-free phone numbers, Internet addresses and a directory of VA facilities throughout the country. The handbook can be downloaded free from VA's Web site.

The handbook is one of the top selling consumer publications of the U.S. Government Printing Office. GPO accepts credit card orders for the publication by calling toll-free at 1-866-512-1800, handbook orders cost \$7 each when mailed to U.S. addresses, or \$67 for bulk orders of 25 copies. It can be ordered by mail from the GPO at Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954 (stock #051-000-00228-8).

In addition to healthcare and burial benefits, veterans may be eligible for programs providing home loan guaranties, educational assistance, training and vocational rehabilitation, income assistance pensions, life insurance and compensation for service-connected illnesses or disabilities.

TRICARE changes for RC Soldiers

A new premium-based, healthcare plan is available to eligible National Guard and Reserve Soldiers activated for contingency operations on, or after, Sept. 11, 2001. Updated information on the TRICARE Reserve Select program is available on the **TRICARE Web site**. Army National Guard and Reserve and family members may subscribe to TRS updates by e-mail, which will be sent as information becomes available. To subscribe, go to the **TRICARE Web site**.

Additionally, mobilized RC Soldiers will now be able to keep their healthcare benefit for up to eight years after returning from deployments.

Until now, Guard and Reserve Soldiers could retain healthcare coverage under the TRICARE system for no more than six months after leaving active duty. Under the new arrangement they could retain coverage for at least one year and as long as eight years, depending on the length of their mobilization and the length of their commitment to remain in the Guard or reserve.

Starting this spring, reservists who served at least 90 days in support of a contingency operation since Sept. 11, 2001 and agree to serve in the Selected Reserve for at least one year can buy into TRICARE Standard, the fee-for-service plan.

The TRS program was created by Congress as part of the 2005 Defense Authorization Act, after the Pentagon failed to create an earlier version of the program on a temporary basis. The new program is permanent and is tied to service in support of a contingency operation and commitment to continue to serve in uniform.

Changes have also been made to the TRICARE Dental Program. When a military sponsor dies while on active

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orders for more than 30 days, surviving family members enrolled in the TDP will continue to receive TDP benefits for three years from the month following the sponsor's death.

Under this survivor program, the government will pay 100 percent of the premium for three years from the month following the sponsor's death. The requirement to be enrolled in the TDP at the time of the sponsor's death is waived in certain limited circumstances where the surviving family was previously enrolled in the TDP, but disenrolled due to transfer to a duty station where dental care was provided to the member's eligible family members under a program other than the TDP.



Operation Purple is the only summer camp program that focuses on helping kids deal with deployment-related issues and is open to children of personnel from all branches of the U.S. Armed Forces ("purple" is a military term representing inclusion of all branches). Applications for the camps will be available April 15 through May 15 on the NMFA web site at <http://www.nmfa.org>.

Sears, Roebuck's funding enables children to attend the camps at no charge. The camps, which last from five to seven days, give kids ages eight to 18 an exciting and memorable camp experience, providing tools to help them deal with the stress resulting from a parent's deployment. Each camp is joint and "purple" -- encompassing all service branches, including the National Guard and Reserve -- and offered free of charge to all participants.

Asian Pacific American



Heritage

Colonel Young Oak Kim



Colonel Kim is credited as being the first Asian American to command a regular US combat Battalion in a war when he commanded the 1st Battalion, 31st Infantry Regiment, 7th US Army Division during the Korean War. After 30 years of active duty, Colonel Kim retired from the U.S. Army in 1972. He then became active in the Asian American community, helping to found the Go For Broke Educational Foundation, Japanese American National Museum, Korean Health Education Information and Research Center; Korean American Coalition, Korean American Museum, Korean Youth and Culture Center, Japanese American National Museum, and the Center for Pacific Asian Families.

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May is Asian Pacific American Heritage Month, a time to celebrate the achievements of Asian American men and women who've made a difference. Many people think Asian Pacific Americans are one single group, but they are really made up of more than 24 ethnic groups, that speak different languages and have their own rich history. Some of these ethnic groups include the Chinese, Japanese, Korean, Taiwanese, Hawaiian, Vietnamese, Cambodian, and Filipino people.



Act First is an electronic publication published bi-monthly by the First Army Public Affairs Office.

Act First encourages submission of articles and photos with detailed cut-lines. Contact Ms. Gayle Johnson at DSN 797-7327 for more information. Deadline for submission for the June/July edition is May 25, 2005.

Send us your stories or story ideas.

Act *First*

Published by First U.S. Army Public Affairs Office
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